



MEDWAY ASTHMA SELF-HELP (MASH)

## Week 38 Asthma Spike Newsletter

August 2025

### **Asthma September Spike**

**Approximately 1 in 11 children have asthma. Asthma and poorly managed asthma is a significant cause of missed school days. It is important that everyone including children, young people, parents, carers, teacher and support staff are prepared for dealing with asthma in schools.**

Every September, our NHS see a rise in the number of children rushed to hospital throughout the UK due to their asthma. There are a number of reasons why children risk a higher chance of asthma symptoms and attacks after returning to school.

- a increase of coughs and cold germs upon returning to school
- more time being spent indoors can cause an asthma flare up if you have a dust mite allergy
- seasonal allergies including pollen in spring and summer and mould in autumn
- inhaler routines have been easily disrupted over the holidays, leading to children's airways being more sensitive to triggers when they return to school

- exposure to cleaning products after schools have a deep clean over the summer holidays
- the stress of starting a new term

**You can help children / young people with asthma in a variety of ways:**

### **1. Request an up-to-date copy of the child / young person's Personal Asthma Action Plan (PAAP)**

PAAPs are an important part of asthma self-management and should be regularly updated at an annual asthma review. A PAAP provides personalised information on the medication being taken and when, and what to do if their asthma is getting worse.

Using one of these plans means that people with asthma are four times less likely to need hospital care; however, many do not have them or are not using them.

These forms can be easily downloaded from the Asthma and Lung UK Website

- For children 12 years and younger [click here](#)
- For children over 12 years and adults [click here](#)

As a school, you could help by encouraging parents to provide the school with an up-to-date copy of their child's PAAP. Ask those that do not have PAAP to download a copy and take it to their next appointment with an asthma nurse / GP

### **2. Emergency Reliever Inhalers and Spacer Devices**

Ensure that children / young people have an up-to-date emergency reliever inhaler and spacer to school at all times and have swift easy access to it when they need it. Spacers are important with metered dose inhalers because they ensure the medication gets to where it is needed.

Asthma and Lung UK have some useful clips that can help to ensure technique is correct: <https://www.asthma.org.uk/advice/inhaler-videos/>

Schools are also able to purchase spare emergency inhalers. Please follow this link for further information.

<https://www.gov.uk/government/publications/emergency-asthma-inhalers-for-use-in-schools>

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## **3. Staff Training**

Education for Health have a free online asthma module to help increase understanding of asthma

<https://www.educationforhealth.org/course/supporting-children-and-young-peoples-health-improving-asthma-care-together/>

You can find out more about asthma in schools from the Asthma and Lung UK website here: <https://www.asthma.org.uk/advice/child/life/school>

Other additional sources of information and support for asthma that you may find useful:

The Health Conditions in School Alliance:

<http://medicalconditionsatschool.org.uk/>

Allergy UK

<https://www.allergyuk.org/resources/asthma-factsheet/?>

MCH Children's Community Nurses with specialist training in asthma / wheeze

<https://www.medwaycommunityhealthcare.nhs.uk/our-services/a-z-services/child-health-service/childrens-asthma>

Children's Asthma Service in Croydon (CHAH)

<https://twitter.com/CHAHAsthma>

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